

Italian

Meatballs, Italian

Il Mulino Restaurant - Stuart
Port St Lucie News

Servings: 5

Il Mulino Meatballs

1 egg

3/4 cup milk

1 cup stale Italian bread breadcrumbs

1/2 pound ground beef

1/2 pound ground veal

1/4 pound ground pork

1 small onion, finely chopped

1 garlic clove, minced

1/2 cup fresh-grated Romano cheese

6 tablespoons Italian parsley, chopped

1/4 cup olive oil

salt and fresh-ground black pepper, to taste

In a large bowl, beat eggs lightly. Add milk and bread and let stand 5 minutes.

Add the ground meats, onions, garlic, cheese, parsley, salt and pepper. Mix gently until well-blended. (Mixture should be moist but should not fall apart when shaped into 2-inch balls.)

Preheat oven to 350 degrees.

In a large skillet, heat the olive oil over medium heat. Fry the meatballs to seal the crust and brown, flip them over and brown the other side.

Transfer to a baking dish, forming a single layer. Bake 25 minutes. Serve with sauce.

Yield: 15 (2-inch) meatballs

Per Serving (excluding unknown items): 409 Calories; 33g Fat (73.2% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 116mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.